



BAY TO BOWL

August 10-12, 2018

A locavore program on the Barnegat Bay!



Participant opening a clam

The NJ Division of Fish and Wildlife in partnership with the Conserve Wildlife Foundation of NJ is excited to offer a 3-day 2-night locavore program for adults, 21 years and older, interested in learning and tasting what's edible in and around Barnegat Bay.

Participants will spend time identifying and harvesting edible plants, algae, clams, crabs, mussels, and fish, all while learning about the salt marsh ecosystem. Participants will learn the importance of conservation and what sustainability truly means. Each meal will feature something locally harvested by participants. All meals will be prepared with the opportunity for participants get involved in the preparation process.

Participants will stay at the Sedge House, a renovated duck hunting lodge, that has 7-bunk rooms (you may have to share a room) while immersed in a locavore lifestyle. Participants should come with open minds and empty stomachs! (Food allergies may not be able to be addressed.)

Participants will:

- Learn how to identify and harvest sustainable food from the bay.
- Learn basic techniques for preparing your harvest, such as shucking clams and oysters, to pickling *Salicornia* to filleting fish.
- Enjoy meals prepared by a professionally trained chef, and learn tips and tricks for making your locavore meals delicious.
- Leave with a deeper understanding of our natural environment and the importance of being a steward for New Jersey's natural resources.



Reservations are on a first-come-first-serve basis. The completed form and check are required to reserve your space for the workshop.

Registration is non-refundable, unless 2 weeks notification of cancellation is provided

Deadline for submission is August 1, 2018.



Date:

August 10-12, 2018

Location:

Sedge Island Natural Resource Education Center, Seaside Park, NJ

Facility:

The "Sedge House" is a renovated duck hunting lodge, equipped with a common room, 7 bunkrooms, 2 composting toilets, a full kitchen, dining room, front porch, an upper back deck, and an outside shower to rinse off.

Requirements:

- Participants must purchase their Recreational Shellfish License. Licenses can be purchased at: www.nj.wildlifelicense.com
- Participants must register with the Saltwater Registry at: www.nj.gov/dep/saltwaterregistry/

Cost:

\$350, includes lodging, meals, instruction, recipes, clam knife, oyster knife, apron and more!

For more information or questions contact Karen at 609-748-4347 or karen.byrne@dep.nj.gov